MISSION COOKERY

The Woman's Auxiliary
St. Luke's Episcopal Mission
Durham, North Carolina

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F A V O R I T E R E C I P E S

Edited by

The Woman's Auxiliary of St. Luke's Mission
Durham, North Carolina

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THINGS TO NIBBLE

BACON WRAP-AROUNDS

Spread condensed mushroom soup on slices of soft, fresh bread from which the crusts have been removed. Roll the slices of bread with the mushrooms inside and wrap a strip of breakfast bacon around each one. Secure with tooth picks. Bake in a hot oven (400) about 25 minutes. Prepare two or three for each person. May be served with fruit or vegetable salad or otherwise.

Florence Blakely

BUTTERSCOTCH PECAN TOAST

6 slices bread (regular thin-sliced loaf)
1/2 cup sugar, using slightly over half dark-brown and balance of white granulated
1/4 cup soft butter
6 tablespoons finely chopped nuts

Toast one side of bread slices. Spread untoasted sides with butter-sugar mixture. Sprinkle each slice with one tablespoon chopped nuts. Place on ungreased cookie sheet and bake under low broiler for 5 minutes. Serve immediately. This toast may be served for breakfast, lunch, or afternoon tea.

Florence Blakely

/Since these are not my own recipes, but two favorite delicacies begged from a South Carolina aunt (Iona Blakely), I can recommend them enthusiastically and unblushingly as unbelievably simple, tasty dishes. F. B./

SHERRIED MUSHROOMS

Drain canned whole mushrooms, put into a small bowl and cover with pale dry sherry. Leave in refrigerator for several hours or overnight. (Overnight is better). At serving time, simply bring out the mushrooms in their bowl of wine, speared with toothpicks. Mushrooms may be drained and hollow of stem filled with salted almond, or tiny ball of cream cheese seasoned with salt, freshly ground pepper or a few drops of Tabasco.

Kitty Williams

HOT DOG TOASTIES

8 Frankfurters
8 slices sandwich bread
Melted butter
Prepared Mustard
Toothpicks

Pour boiling water over Franks, let stand 8 minutes. Spread bread with butter and mustard. Place Franks cornerwise on bread. Fasten opposite corners together with toothpicks, brush with melted butter. Broil until toast is golden brown. Serve with French fried onion rings.

Ethel Meacham

CLAM DIP

1 large can minced clams
1 package (12 oz.) cream cheese with chives
Tabasco sauce
Worcestershire sauce
Salt and cayenne pepper
Lemon juice

Drain clams and add juice to cheese, mix. Add clams

and mix well. Add all the other ingredients, to taste. Chill until ready to serve. Good with potato chips.

Mary Louise Lewis

BLUE CHEESE DIP

1/2 cup Mayonnaise
1 tablespoon horseradish
1 tablespoon Worcestershire sauce
1/4 teaspoon salt
1/8 teaspoon Tabasco
1/4 cup blue cheese (1 large square)
3 tablespoons vinegar

Put blue cheese in bowl and pour vinegar over it. Let stand 1 hr. Cut everything else in, beat all ingredients and chill. Serve with celery, radishes, potato chips, carrots or broccoli spears. Serves 10.

Mrs. D. W. Griffin

ONION DIP

1 cup sour cream
4 tablespoons dehydrated onion soup-mix

Mix ingredients of the soup-mix well and add to sour cream. Chill for 30 min. Serve with Gordon riplets or potato chips.

Mrs. D. W. Griffin

HINT: How Many Party Sandwiches?
Divide the number of guests you have by 6; that will give you the number of baker or home loaves of bread you need. If you plan on sandwich bread, multiply guests by 3 and divide by 32.

CHEESE BALLS

3 cups grated Swiss cheese
4 tablespoons sherry
2 tablespoons flour
6 egg whites
Salt, pepper, and paprika to taste

Mix cheese and flour, add sherry and salt, pepper and paprika. Fold in stiffly beaten egg whites. Shape into balls the size of hickory nut, and fry in hot fat in frying basket until golden brown. Stick a pick in each ball before serving.

Mary Louise Lewis

CHEESE BISCUIT

1/2 lb. sharp cheese (not processed kind)
2 cups flour (plain)
1/2 lb. butter or margarine
1/8 teaspoon red pepper
1 teaspoon salt
Grate cheese. Add butter and flour alternately. Cream well. Roll out and cut with small cutter. Place pecan or walnut on top of each one. Bake at 350° for 8 minutes. Remove to waxed paper and sift powdered sugar over each one.

Mrs. F. N. Egerton

ROQUEFORT LIME SALAD

1 pkg lime Jello
1 1/2 cups hot water
1/2 cup Mayonnaise
1 small pkg Roquefort or blue cheese

Dissolve Jello in hot water and cool. Place in ice-box and chill just until it thickens a bit (so it will just stick to finger when touched). Remove and beat with egg beater until fluffy and whitish looking. Add Mayonnaise and crumble cheese into this and stir well. Pour into molds greased with salad oil. At serving time run knife edge around molds and hold in bowl of warm (not hot) water. Unmold on lettuce leaf, garnish with Mayonnaise. Serves 8 if individual molds are used, or 6 for small ring mold.

Kitty Williams

HINT: TO dry lettuce, pat it with crumpled paper toweling. It absorbs water and does not bruise leaves.

FROZEN FRUIT SALAD

1 cup crushed pineapple.(1 small can)
1 cup peaches (medium can sliced)
1 bottle cherries
1 cup mayonnaise
1 cup cream, whipped
3 tablespoons powdered sugar
12 marshmellows, cut
1 pkg cream cheese

Mix pineapple, cream cheese, sugar, peaches, cherries, marshmellows, with mayonnaise. Fold in cream.

Add 1/2 cup nuts, if desired. Freeze and serve on lettuce. Makes 8-10 servings.

Mrs. C. B. Mason

AVOCADO SALAD

1 avocado, sliced in slivers
1 small pkg Roquefort cheese
3 hardboiled eggs, sliced
1 small head lettuce, finely broken
Clove garlic
French dressing

Rub a large mixing bowl with a clove of garlic. Place lettuce, eggs, avocado slices, and crumbled cheese in bowl. Pour over all your favorite French dressing and toss thoroughly. Fine for buffet suppers. Serves 4-5.

Kitty Williams

WHITE CHERRY SALAD

1 can white cherries
1 envelop gelatin
1 12 oz. pkg cream cheese
1 can diced pineapple
1 cup boiling water
2 cups fruit juice
1/2 cup almonds

Soak gelatin in boiling water and add cherries, juice, pineapple, and almonds. Pour into two layer cake pans and chill until set. Spread softened cream cheese between layers and on top. Serve with mayonnaise.

Mary Louise Lewis

LIME DELIGHT SALAD

2 pkgs lime Jello
1 pkg (6 oz.) cream cheese
1 large can fruit cocktail
1 small jar stuffed olives

1 large can pineapple 1/2 cup chopped nuts

Cream cheese and lime Jello in 2 1/2 cups boiling water. Cool. Add pineapple, fruit cocktail, olives, and nuts. Mix well. Chill until set. Serve on lettuce, with mayonnaise. Serves about 14.

Mrs. J. M. Jenkins

BERMUDA SALAD BOWL

1 head lettuce
1 cup cauliflower flowerets
1 large tomato, peeled and cut in wedges
1/4 large Bermuda onion
1/2 cup olives (stuffed)
2/3 cup Roquefort French dressing

Tear lettuce into bit-sized pieces and combine with cauliflower, tomato, onion rings, and olives. Add dressing and toss. Makes 4-6 servings.

Sarah Shackleford

SHRIMP SALAD

1 1/2 cups boiled shrimp
3/4 cup mayonnaise
2 hardboiled eggs
1 tablespoon gelatin
Salt and pepper to taste
3/4 cup chopped celery
1 bottle stuffed olives
1 1/2 teaspoons grated onion
Juice from 1 lemon

Soak gelatin in 2 tablespoons cold water, then melt over hot water. Add lemon juice. Cool, and add mayonnaise, salt and pepper. Pour this mixture over shrimp (which have been cut in small pieces), and add all other ingredients. Chill, in molds, and serve on lettuce.

Mary Louise Lewis

MOLDED FRUIT COCKTAIL SALAD

1 pkg lemon or lime Jello
1/2 cup boiling water
1 1/2 cups ginger ale
1 No. 2 1/2 can fruit cocktail, drained

Dissolve Jello in boiling water. Add ginger ale, and chill until slightly thickened. Fold in fruit cocktail. Mold as desired and chill until firm. Serve on lettuce with salad dressing.

Mrs. D. W. Griffin

CHEESE RUSSIAN DRESSING

1 pkg cream cheese
1 tablespoon vinegar
1/2 cup tomato chili sauce
1/2 cup mayonnaise
Dash of salt

Cream together cream cheese and vinegar. Add chili sauce, mayonnaise, and salt. Whip with egg beater until smooth. Excellent over lettuce wedges. This recipe makes almost a quart of dressing and will keep in your refrigerator for several weeks.

Mrs. A. M. Sprague

FRENCH DRESSING

2 onions finely chopped
1 bottle tomato catsup
1 tablespoon prepared horseradish
1/2 teaspoon dry mustard
1 cup vinegar
1/2 teaspoon paprika
1 cup sugar
2 cups salad oil
1/2 teasp. ground cloves
1/2 teaspoon garlic salt
2 tbs. savory salt

Mix all ingredients, add oil and vinegar last. Put in large fruit jar with tight lid and shake 2 min. Keeps for weeks in refrigerator.

Mrs. John H. King

VEGETABLES

GREEN BEANS IN MUSHROOM SAUCE

2 pkgs French style frozen green beans
1/2 can condensed mushroom soup
2 tablespoons milk
1/3 cup buttered bread crumbs

Preheat oven to 375°. Allow green beans to partially thaw. Place in 1 1/2 qt. greased casserole. Add soup to milk and pour over beans. Sprinkle with buttered bread crumbs. Cover and bake 45 minutes. Serves 6.

Mrs. A. M. Sprague

ORANGE SWEET POTATOES

8 sweet potatoes
8 orange shells
1/2 cup chopped nuts
3 tablespoons butter
1 cup raisins

Boil 8 sweetpotatoes in water to which have been added 1 teaspoon salt and 1 teaspoon sugar. When tender, mash and add butter and raisins (which have been soaked in warm water). Place mixture in orange shells, from which the pulp has been removed. Sprinkle with chopped nuts and bake 20 min. in medium oven.

Miss E. M. Capehart

ASPARAGUS WITH MUSHROOM SAUCE

1 can green asparagus
2 hardboiled eggs
1 can cream of mushroom soup
Bread crumbs.

Drain asparagus and arrange in Pyrex pie plate. Slice eggs and arrange on top of asparagus. Pour soup on top of eggs and asparagus. Sprinkle with bread crumbs and bake in 400° oven 15 or 20 min. Good for buffet.

Betsy Shaban

GLAZED CARROTS

Try the two variations to the glaze recipe.

1. Add 2 tablespoons orange or lemon juice.
2. Roll the carrots in honey instead of sugar.

Boil whole scraped carrots until tender. Drain. Melt a large lump of butter in a heavy frying pan. Sprinkle carrots with sugar. When butter is hot, add carrots and roll in mixture until evenly glazed.

Kitty Williams

SPINACH CASSEROLE

1 cup water
2 pkgs frozen spinach
1 minced clove garlic
1 1/2 cups grated cheese
1 teaspoon salt
1 teaspoon sugar
1 egg
1 can mushroom soup

Boil water, salt, sugar and garlic for 5 minutes. Add 2 pkgs spinach (slightly thawed). Boil 5 min. Drain and chop. Add the beaten egg, cheese, and mushroom soup. Mix in buttered casserole dish. Cook at 350° about 30 minutes. A few buttered bread crumbs and grated cheese can be added to the top before cooking.

Mrs. Frank Egerton

HINT: When you poach eggs, add some vinegar to the water to keep the whites from spreading.

CASSEROLE AND MEAT DISHES

CHICKEN OMAR KHAYAM

2 2-lb. chickens (8 pieces)
1/4 lb. butter or margarine
1 large onion sliced
1 teaspoon paprika
1/2 cup sherry
1/2 cup tomato juice
1 teaspoon salt
Pepper to taste

Melt butter in frying pan. Add chicken and braise until brown. Remove chicken and place in baking pan. Saute onion in butter left in pan. Then add all other ingredients plus 1 cup water, and pour over chicken in baking dish. Bake in oven at 400° without cover. Turn over after half hour. Cook for another half hour then turn again and cook for 15 minutes. Serve with rice piloff.

Mary Carol McWhirt

NEW ENGLAND CLAM CHOWDER

2 in. piece of salt pork, cubed, or 3 slices bacon
2 large potatoes, cubed
1 large onion, chopped
1 large can minced clams
1 qt. milk
Salt, pepper, thyme, and marjoram

Cook salt pork until soft in frying pan. Pour off excess fat. Add potatoes, onion, clam juice and 1 cup of water to pork. Simmer until potatoes are done. Add clams, seasonings, and 1/2 cup more water, and simmer for at least 15 min. (The longer the better.) Heat milk and add clam mixture to it. Serve at once. /Most New Englanders would not dignify this by the name Clam Chowder, but we enjoy it as most ingredients are readily available./ Mrs. Charles Keith

CREOLE GUMBO

1 1/2 cups cut okra
1 1/2 tablespoons ham or bacon drippings
1 large onion chopped fine
1 clove garlic chopped fine
1 green pepper chopped fine
1 tablespoon parsley minced
1 qt. chicken stock (seasoned with bay leaf)
1/2 8 oz. can tomato sauce
1 lb. cleaned shrimp
1/2 can white crab meat
1/2 pt. oysters with liquor may be added if desired
Salt and pepper to taste

Fry okra slowly in ham drippings, then add onions, garlic, and green pepper. Fry until onions are soft. Add chicken stock, then remaining ingredients. Cook all together for 1 hour. Gumbo should be dark and very thick. If desired and available, add 1/2 tablespoon gumbo file powder just before serving. Serve in soup bowls with a spoonful of hot rice in center.

If I can't get fresh okra I use a can of okra and don't fry it. Just add to onion, etc. Canned chicken broth may be used for the stock and a bay leaf to the seasonings. The people of Biloxi, where I learned to make gumbo, use all sorts of variations, but this is a good basic recipe.

Betsy Shaban

MEAT LOAF

1 lb. ground beef
1/2 onion finely cut
1/2 teaspoon pepper
1/2 cup bread crumbs
3/4 cup milk
1/2 lb. ground pork
1/2 tablespoon salt
1/4 teaspoon nutmeg
1 egg

Mix well and top with 1/2 bottle of catsup. Cook for 2 hours at 350°.

Ditty Belvin

EASY CHICKEN TETRAZZINI

1/2 box noodles
1 cup cooked chicken, cut in small pieces
1 cup condensed mushroom soup
1 cup mushrooms
1 cup chicken broth or milk
2 tablespoons sherry
Grated cheese

Cook noodles and place them in bottom of greased casserole. Add chicken, soup, mushrooms, broth or milk. Before baking add sherry and sprinkle with cheese, salt and pepper. Bake at 350° for 30 - 45 minutes.

Mrs. Charles Keith

DEVILED CRAB

Melt 1 tablespoon butter and blend it into 2 tablespoons flour. Gradually add 1 cup hot milk and cook the sauce until thick and smooth. Add 1 teaspoon salt, 1 teaspoon black pepper, 3 tablespoons Worcestershire sauce, 1/2 teaspoon of dry mustard, and the juice from half a lemon. Fold in 4 cups crab meat and the yolks of 3 hard cooked eggs, minced. Bake at 400° until brown.

This is a famous recipe from the Eastern Shore of Virginia, where sea-food is their main industry.

Mrs. Steve Maronic

HINT: Rice, if washed in hot water instead of cold is more quickly cleansed and freed from dirt and starch.

PORK CHOPS WITH ORANGE GLAZE

4 chops about 3/4 in. thick.

Salt pepper and paprika chops. Lightly grease a skillet. Brown chops in skillet. Add 4 t ablespoons water. Cover and let simmer about 45 minutes. When done, place on a platter and pour orange glaze over the chops.

Glaze:

5 tablespoons sugar
1 1/2 teaspoons corn starch
1/4 teaspoon salt
1/4 teaspoon cinnamon
10 whole cloves
1/2 cup orange juice
4 orange slices (more if desired)
2 tablespoons grated orange rind

Combine all ingredients except orange slices in a sauce pan. Cook over medium heat, stirring, until thick. Add orange slices. Cover and let simmer until ready to pour over chops. This should be made about 15 minutes before chops are ready to be taken up. Glaze is also excellent on ham.

Mrs. A. M. Sprague

NOODLES AU GRATIN

1 pkg narrow noodles
1/2 cup grated cheese
Bread crumbs
1 can cream of mushroom soup

Cook noodles as directed on package. Mix in Pyrex dish the noodles, soup, and cheese. Sprinkle with bread crumbs and bake in 400° oven 15-20 minutes.

Betsy Shaban

HINT: Add a teaspoon of sugar to each quart of water when boiling corn-on-the-cob. This improves the flavor.

1 medium onion
1 clove garlic, minced
1/4 lb. butter
Juice of 1/2 lemon
Peel of lemon, cut in slivers
1 cup brown sugar
1 cup vinegar and water, mixed (1/2 cup each, depends on taste; I use 1/4 vinegar)
1 cup tomato catsup
2 tablespoons Worcestershire sauce
1 teaspoon Tabasco sauce (1/4 to 1/2 may be used)
1/2 teaspoon chili powder

Brown onion and garlic in skillet with butter and cook slowly. Mix all other ingredients together and add to butter sauce. Be sure to use only the yellow part of lemon rind as white part is bitter. Put over heat and let get piping hot but not boiling. If you use only 1/4 cup of vinegar and 1/4 to 1/2 teaspoon Tabasco sauce you will find this will be a tasty but not hot sauce.

Ribs: Allow 3/4 to 1 lb. ribs per person. Sear well in skillet, then place in Dutch oven or covered casserole dish, pour over half sauce and bake at 300° for 1 hr. and 15 min. Pour off sauce and discard; it is too greasy to re-use. Replace ribs in oven uncovered for 10 minutes to crisp. Serve on platter ringed with rice, with remainder of sauce to be poured on at table. Any leftover sauce is excellent for basting hamburgers if you charcoal, or as you pan fry.

Serve with tossed green salad, French bread, a nut dessert or pie, and plenty of coffee.

Kitty Williams

FIFTEEN MINUTE SPAGHETTI

Into 4 qts. rapidly boiling salted water stir 1 lb. spaghetti. Cook 12-15 minutes. Drain. Meanwhile in large skillet place the following:

2 tablespoons bacon or sausage drippings, and brown
1 lb. ground beef
1 medium onion, chopped
Add:
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup catsup
1 20 oz. can condensed tomato soup
2 teaspoons Worcestershire sauce (optional)
When bubbling hot, add
1 cup cubed cheddar cheese

Stir until cheese is melted. Then pour over drained spaghetti. Toss lightly until well mixed. Serves 8-10.

Mrs. C. R. Baucon

MEAT LOAF CREOLE

1 lb. ground beef
1 cup cooked rice
1 small onion chopped
1 small green pepper chopped
1 No. 2 can tomatoes
Butter, salt, pepper, and garlic salt

Mix together in Pyrex dish beef, rice, onion, pepper, and seasonings. Pour tomatoes over the mixture. Dot with butter and bake in moderate 350° oven for 1 hr. This, with a green salad and dessert, makes a one-dish meal.

Betsy Shaban

2 cans Franco-American spaghetti in cheese sauce
1/2 can condensed cream of mushroom soup
1 whole canned chicken (wt. 3 lbs. cooked)
1/4 lb. grated American cheese
1/4 cup sherry (optional)

Warm 1/2 can condensed mushroom soup with 1/2 can of milk or milk and chicken broth. Add sherry if desired. Cut up chicken into this. In a separate pan warm 2 cans spaghetti in cheese sauce. Add a little grated cheese to this. Arrange casserole with layer of spaghetti and then a layer of chicken on top. Sprinkle top with grated cheese. Heat in slow oven 20 min. or until ready to serve. This goes well with a salad and buttered French bread.

Mrs. Max Schiebel

MEXICAN HOMINY WITH SAUSAGE

1 lb. pure pork sausage
2 cups hominy (cooked or canned)
1/3 cup cornflakes
2 teaspoons margarine
1 cup grated cheese
1 large onion diced
1 green pepper diced
1/3 cup water
1 teaspoon salt, pepper and chili powder each

Grease casserole, place 1/3 hominy in bottom, cover with onions and green peppers, which have been mixed with seasonings and sausage. Sprinkle with cheese. Continue to alternate layers. Top off with remaining cheese mixed with cornflakes, water and margarine. Bake in 375° oven for 45 min. Serves 6.

This recipe came from the Piggly Wiggly Cooking School. It goes well with apple sauce and stewed tomatoes.

Hattie Mae Shackleford

SAVORY POT ROAST (Modern Version of Sauerbraten)

3 lbs. rolled rump or chuck pot roast
1/3 cup grape jelly
2 large onions, cut into 1/4 in. slices
6 whole black peppers
2 bay leaves, crushed
2 teaspoons salt
1/2 teaspoon each allspice and ginger
1/4 teaspoon pepper
1/3 cup vinegar
1/4 cup wa ter
1 teaspoon kitchen bouquet

Trim excess fat from meat and fry the fat lightly in pressure pan. Brown meat slowly on all sides in the hot fat. Allow 10-20 min. for browning. Spread with grape jelly; top with onion slices and sprinkle with seasonings. Combine vinegar, water, and kitchen bouquet; pour over meat. Cook at 15 lbs. pressure for 40-45 mins. Allow pressure to go down normally. 8-10 servings. Serve Potato Pancakes with this dish.

Potato Pancakes:

1/2 teaspoon salt
1 tablespoon grated onion
1 egg well beaten
2 cups finely grated raw potato
1/8 teaspoon pepper
1 tablespoon cream
1/4 cup sifted flour (all purpose)

The raw potatoes need to be finely grated. Stir into batter immediately after grating, as potatoes discolor readily. The batter will be quite thick. Combine salt, pepper, onion, and cream with beaten egg. Stir in grated potato and flour. Drop batter from tablespoon on greased hot griddle. Bake until golden brown on each side. Makes about 7 4 in. pancakes.

Mrs. John H. King

BEEF STROGONOFF

2 lbs. lean round steak
3 small onions
1 or 2 tablespoons tomato paste
Consomme or beef stock
2 cups sour cream
1/2 lb. fresh mushrooms or 1 large can
Soy sauce to taste
Salt, pepper, flour

Cut beef in thinnest possible slices. Pound in flour, salt and pepper. Cut into strips 3 in. x 1/2 in. Dice onions and brown slowly until soft and just turning yellow. Then add meat and saute until well seared. Add tomato paste and enough consomme or stock to just cover. Add soy sauce to taste. Simmer until tender. Transfer to double boiler and add sour cream and mushrooms. Re-heat when ready to serve. Serve on rice. Serves 6.

Mary Louise Lewis

THREE MINUTE CHEESE SAUCE

1 2/3 cup (large can) undiluted evaporated milk
1/2 teaspoon salt
1 teaspoon mustard (dry)
1 tablespoon steak sauce
2 cups (8 oz.) grated process-type cheese

Simmer evaporated milk, salt, mustard and steak sauce over low heat to just below boiling for about 2 min. Add cheese and stir over low heat until cheese melts. Makes about 2 1/2 cups.

Mrs. John H. King

SAUCES

Barbecue Sauce for Lamb.

2 crushed cloves of garlic
1/4 teaspoon black pepper
1/2 cup water
1/2 cup vinegar
1 teaspoon salt

Combine all ingredients. This sauce will add a spicy sweetness if the meat is soaked in it for 30 minutes or less before cooking.

Barbecue Sauce for Beef.

1 qt. vinegar
1 qt. salad oil
2 cups tomato sauce
1/2 cup prepared mustard
1/2 teaspoon Tabasco
4 tablespoons Worcestershire sauce

Black pepper, cayenne pepper, and salt to taste.
Combine all ingredients and heat together thoroughly.
Makes 2 1/2 quarts.

Barbecue Sauce for Chicken:

3/4 lb. butter
1 teaspoon dry mustard
1/2 cup minced onion
1/2 cup Worcestershire sauce
Grated rind 1/2 lemon
1 large clove garlic, minced
2 cups vinegar
2 cups water
1 teaspoon sugar
2 cups tomato catsup
2 tbs. lemon juice

Melt butter and add other ingredients. Simmer slowly until onions are tender - about 25 min. Add salt to taste, and a dash of cayenne pepper if more sharpness is desired. Makes about 1 qt. of sauce.

Mrs. John H. King

HOT MILK CAKE

4 eggs (room temperature
2 cups sugar
2 cups sifted flour
2 teaspoons baking powder
1 teaspoon salt
1 cup milk
1/4 lb. butter
1 teaspoon vanilla

Preneat oven to 325° . Beat eggs until real thick and lemony. Add sugar a small amount at a time, beating after each addition. Sift flour, measure, and sift with baking powder and salt. Add to egg mixture and beat. Heat milk. Add butter to milk and let melt. Beat into egg and flour mixture. Add vanilla and beat. Grease and flour tube cake pan. Bake 1 hr. at 325°. Leave in pan about 5 min. before removing.

Mrs. A. M. Sprague

VELVETY CHOCOLATE FROSTING

2 1/4 cups confectioners' sugar, sifted
1/4 cup melted butter or margarine
4 egg volks
1 teaspoon vanilla
4 sqs. chocolate
Cream well and spread on cooled cake.

Ethel Meacham

SPONGE CAKE

10 eggs
2 cups flour
2 cups sugar
1 lemon

Sift flour 3 or 4 times; sift sugar. Separate eggs, beat egg yolks and sugar well. Add the juice and rind of lemon, fold in whites of eggs that have been beaten stiff, add flour slowly, beat thoroughly. Bake in flew pan at 375° for 45 minutes, or until done.

Virginia Carter

VELVET CAKE

4 cups plain flour
1 teaspoon baking powder
8 eggs
1/2 lb. butter
2 cups sugar
1 cup sweet milk
1 teaspoon vanilla
1 teaspoon lemon

Cream butter and sugar, add beaten egg yolks, then milk. Sift together flour and baking powder, mix well. Last of all add beaten egg whites and flavoring. Grease and line large tube pan with wax paper, and bake slowly until done.

Mrs. David Bond

MIEK'S BUTTER CAKE

1/2 lb. butter (2 sticks)
1 egg
1 cup sugar
2 cups flour

Cream butter and sugar, add egg and beat well, add flour gradually and blend in well. Pour into ungreased one-layer cake pan. Bake at 350° for 45 min. Serve warm or cooled cut into wedges or for pie.

Helen Tull

MILK CHOCOLATE CAKE

3/4 cup butter
2 cups sugar
3 eggs
1 1/2 cups buttermilk
1 1/2 tablespoons vinegar
3 cups sifted flour
3/4 teaspoon salt
1 1/2 teaspoon soda
1 teaspoon vanilla

Cream butter and add sugar gradually. Add unbeaten eggs, one at a time. Sift flour and salt together and add alternately with milk, to which vanilla has been added. Add melted chocolate. Dissolve soda in vinegar and beat in last. Bake in moderate oven. Makes 3 9 in. layers.

Milk Chocolate Icing:

2 sqs. bitter chocolate
6 tablespoons butter
1 1/2 lbs. confectioners' sugar
1 teaspoon vanilla
7 tablespoons sweet cream

Melt chocolate and butter, add vanilla and cream. Beat in powdered sugar and continue beating until mixture is creamy and quite fluffy. Spread between layers and top and sides of cake.

Mrs. W. M. Jenkins

HINT: Cool a freshly baked cake away from drafts, as a draft can cause your cake to fall.

HINT: Creaming butter and sugar: In creaming for a cake, a little hot milk added will aid in the creaming process.

CHOCOLATE POUND CAKE

3 sqs. chocolate (3 oz. unsweetened)
2 1/3 cups sifted all purpose flour
3/4 teaspoon cream of tartar
1/2 teaspoon baking soda
1 1/2 teaspoons salt
1 3/4 cups sugar
1 cup butter or margarine
2/3 cup milk
1 teaspoon vanilla
3 eggs and 1 egg yolk

Start your oven at 350 . Line the bottom of a 10 in. tube pan with waxed paper. Melt chocolate over hot (not boiling) water. Sift flour, cream of tartar, soda, salt, and sugar together. Now work butter or margarine to the very soft creamy stage and stir in portions of the sifted dry ingredients thoroughly. Mixture is crumbly looking at this point. Stir in milk and vanilla until the flour is dampened, then beat 300 strokes by hand or 2 minutes at low speed on an electric mixer, add unbeaten eggs and yolk to batter and beat 150 strokes more or 1 minute longer on electric mixer.

Pour into prepared pan and bake 60-70 minutes or until cake tester comes out dry tested near center of the cake. Let cool in pan for 15 min. Loosen sides carefully with knife blade; invert pan on a cooling rack to remove cake and cool completely.

Edith Meacham

ORANGE CAKE "Feathery light - stays moist"

3/4 cup shortening
1 1/2 cups sugar
3 egg yolks beaten
2 1/4 cups cake flour
3 stiffly beaten egg whites
3 1/2 teaspoons baking powder
3/4 cup cold water
1/4 cup orange juice
1 tablespoon grated orange rind

Cream shortening and sugar, add egg yolks. Beat well. Add sifted dry ingredients alternately with water, orange juice, and rind. Fold in egg whites. Bake in waxed paper lined cake pans in moderate oven for 30-35 minutes. Put together with orange filling.

Orange Filling: Melt 2 tablespoons butter, add 1/4 cup cornstarch, and blend. Add 1 cup sugar, 1/2 teaspoon salt, 2 tablespoons grated orange rind, 1 cup orange juice and pulp. Mix well. Cook in double boiler until thick. Remove from stove, add 1 1/2 tablespoons lemon juice. Frost with Orange Frosting.

Orange Frosting: Cook 3/4 cup sugar and 1/4 cup water to thread stage. Pour over 2 stiffly beaten egg whites, beat until stiff. Add 1/2 tablespoon orange juice, beat until stiff.

This is a famous recipe from an East Carolina town. It was a well guarded secret for about 15 years until finally the owner could stand the pleas of her public no longer and relented--so try it. It looks like a lot of trouble but it's worth it.

Mrs. W. P. Warren

COFFEE CAKE

1/4 cup shortening
1/3 cup sugar
1 teaspoon vanilla
1 egg
1/3 cup strawberry jam
1 cup flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1/3 cup milk

Cream shortening and sugar, add egg. Sift dry ingredients and add alternately with milk to creamed ingredients. Pour in 8 in. pan and spread jam on top. Now mix together 2 tablespoons sugar, 1/4 cup flour, 1/2 teaspoon cinnamon, 3 tablespoons butter until crumbly and sprinkle on top. Bake at 375° for 30 min.

Mrs. Ben Skinner

RAISIN CAKE

1 cup butter or other shortening
2 cups sugar
2 eggs
4 cups plain flour
1 1/2 teaspoons soda
1 cup raisin water
1 teaspoon cinnamon
1 teaspoon ground spice
1/2 teaspoon grated nutmegs
1 box seedless raisins

Cook raisins in water 15 min. Cool. Cream butter and sugar, add eggs and 1 cup raisin water; sift flour and soda together, use part of flour to roll raisins in, add to cake mixture, then rest of flour and spices and mix well. Line and grease 1 large or 2 medium-sized layer pans, and bake slowly until done.

Mrs. David Bond

JELLY ROLL

4 beaten eggs
1 cup sugar
1 teaspoon baking powder
1 cup cake flour
1/4 teaspoon salt
1 teaspoon vanilla

Beat eggs until thick, add sugar slowly and beat until fluffy. Add vanilla, then add all sifted dry ingredients at once. Beat until just smooth. Do not overbeat. Grease jelly roll pan. Line with waxed paper. Pour in batter and bake at 375° for 12 minutes. Then turn out at once on towel sprinkled with powdered sugar and remove paper immediately to pull off crust. Cut off crusty edges. Start with short end and roll in towel and cool on rack. When cool unroll and spread with favorite jelly and re-roll.

Mrs. Ben Skinner

POUND CAKE

1 3/4 cups butter
2 cups sugar
8 eggs
4 cups sifted flour
1 teaspoon baking powder

Cream butter, add sugar slowly and beat well, until very creamy. Separate eggs. Fold yolks in butter and sugar; beat well. Add flour and baking powder slowly; mix well. Fold in egg whites. Bake at 300° 1 hr. and 45 min. Cook in tube pan, well greased bottom lined with brown paper.

Mrs. C. B. Mason

HINT: To cut a fresh cake use a wet knife.

PIES

MAGIC BANANA CREAM PIE

1/2 cup sugar
1/4 teaspoon salt
1/3 cup cornstarch
1 1/4 cups Carnation milk

Mixed with:
2 1/2 cups water
2 eggs
3 tablespoons butter
1/2 teaspoon vanilla
2 medium bananas
1 9 in. crust baked or crumb shell

Mix cornstarch, sugar and salt in top of double boiler. Add milk, mix well. Cook over hot water until thick, stirring constantly. Add small amount of hot milk. Cook 4-5 min. longer and remove from heat. Stir in butter and vanilla. Cool and then pour remaining filling over bananas. Just before serving top with whipped cream.

Ethel Meachan

LEMON TART

1 1/2 cups granulated sugar
2 tablespoons cornstarch
2 1/2 cups boiling water
8 tablespoons lemon juice
2 tablespoons grated lemon rind
1/2 cup flour
1/2 teaspoon salt
3 eggs separated
6 tablespoons granulated sugar

Make and bake the tart shells (pie crust for 1 9 in. pie will make 12 tarts). In a sauce pan combine 1 1/2 cups sugar, flour, cornstarch, and salt. Add boiling water, stirring constantly. Cook 10 min. (low heat), stirring until thickened. Beat egg yolks, gradually pour hot mixture over them, stirring constantly. Return filling to low heat and cook 5 min. Then add lemon juice and rind. Pour into shells and cover with meringue of egg whites, 6 tablespoons sugar.

Kitty Willians

CAVALIER PIE SUPREME

3 cups whipping cream
4 egg yolks beaten
2 tablespoons unflavored gelatin
1 9 in. pie shell baked
2 teaspoons vanilla
2 pinches of salt
1/2 cup warm water
Bitter chocolate, grated
Confectioners' sugar to taste

Whip 2 cups of cream with sugar and add whipped egg yolks to the whipped cream. Fold in vanilla and salt. Dissolve gelatin in warm water and add to whipped cream. Pour into crust and chill until firm in refrigerator. After pie is firm, whip remaining cup of cream, add sugar, and spread on top of pie. Grate bitter chocolate over the top. Serve chilled.

This is one of the famous pies served at the Cavalier Hotel at Virginia Beach, Va.

Mrs. Steve Maronic

INDIVIDUAL PIZZA PIES

1 can (8 oz.) ready to bake biscuits
1 can (6 oz.) tomato paste
1/2 cup shredded sharp processed cheese
1/2 teaspoon olive or salad oil
10 fillets of anchovies or sardine strips
Salt and Oregano

Roll or pat biscuits to 5 in. rounds. Place on ungreased cookie sheets. Spread with tomato paste. Sprinkle with salt, a bit of oregano, and cheese. Drizzle with olive or salad oil. Center with anchovy fillets or sardine strips. Bake in hot oven 450° 10 min. Garnish with parsley and olives, if desired. Makes 10 servings.

Mrs. John H. King

PECAN OR BLACK WALNUT PIE

20 Ritz crackers crumbled
1 cup sugar less 3 tablespoons
1 cup chopped pecans or walnuts
3 egg whites beaten until stiff but not dry
1 teaspoon baking powder
Mix together and put in greased pie pan. Bake 20-25 minutes in 375° oven. Top with whipped cream and grate chocolate on this.

Fannie White

CHESS PIE

1 cup dark brown sugar
1 cup white sugar
3 eggs
1 stick butter or margarine
1 tablespoon cream
1 teaspoon vanilla
1 tablespoon flour
1 uncooked pie shell

Cream butter and sugar, add eggs, cream, vanilla, and flour. Blend until well mixed. Pour into shell. Bake 45 minutes at 375° (watch during baking).

This is like pecan pie without the nuts. So good and so rich!

Mary Carol McWhirt

HINT: Brush the under crust of fruit pies with white of egg before adding the fruit. It will prevent juices from soaking through the crust.

COOKIES

SPRITSARS (cookies)

Cream together:

1 egg yolk
3/4 cup confectioners' sugar

Add:

1 teaspoon almond extract
2 1/2 cups sifted flour

Press through cookie press or chill in roll and slice. Cook on ungreased cookie sheet 3-5 minutes in moderate oven (350°).

Mrs. C. R. Baucom

MOLASSES SPICE BARS

1/3 cup shortening
1 cup sugar
2 1/2 cups sifted flour
1/2 teaspoon cinnamon
1 teaspoon cloves
1/4 ~~1/2~~ cup sour milk or buttermilk
1 egg
1/4 cup molasses
1 teaspoon soda
1 cup raisins
3/4 teaspoon salt

Cream shortening and sugar. Add beaten egg, molasses and sour milk. Sift dry ingredients gradually into this, mixing thoroughly. Add raisins last. Spread dough in pans, as you would for brownies. Bake at 375° about 30 minutes. Cool slightly. Cut into 1"x3" bars while still warm. Makes 3-4 dozen.

Mary Louise Lewis

MERINGUES

2 egg whites (room temperature)
1 cup granulated sugar
Pinch of salt
Pinch of cream of tartar
1 teaspoon vanilla

Beat eggs slightly. Add salt and cream of tartar. Continue beating, adding sugar a little at a time. When mixture stands in fluffy peaks, add vanilla. Drop on cookie sheet covered with brown paper. Bake at 325° about 20 minutes. Let cool before removing. Makes about 20.

Eleanor Bird

GINGER SNAPS

2 lbs. flour
1 pt. molasses
Dash of cayenne
1 large tablespoon ginger
1/2 lb. brown sugar
1/2 lb. butter

Mix butter and flour, add sugar, then seasoning. Add molasses and mix well. Knead and roll out very thin. Bake in moderate oven until light brown.

Virginia Carter

HINT: If recipe calls for melted shortening, melt in pan you plan to bake the cake in. Saves dish washing and greases the pan at the same time.

HINT: To keep brown sugar from becoming hard store it in a Mason jar with a rubber on the jar. It will keep moist indefinitely if the cap is screwed on tight.

HINT: When scalding milk, to keep it from sticking first rinse the pan in cold water.

BREADS

NUT BREAD

2 eggs
1 cup granulated sugar
1 cup milk
1 cup chopped nuts
3 1/2 cups flour
1/2 teaspoon salt
3 1/2 teaspoons baking powder
2 tablespoons melted butter

Beat eggs and sugar till light. Combine milk and shortening and add; mix well. Add salt and nuts. Fold in flour which has been sifted with baking powder. Pour into greased loaf-tin and let stand 20 minutes. Bake at 360° for 40-60 minutes.

Eleanor Bird

CRANBERRY NUT BREAD

2 cups flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
2 tablespoons each of boiling water and butter
1 1/2 cups pecans, coarsely chopped
1 cup sugar
1 teaspoon salt
1/2 cup orange juice
1 beaten egg
1 1/2 cups fresh cranberries, coarsely chopped

Sift together twice the flour, sugar, baking powder, and soda. Combine well beaten egg with orange juice, boiling water and butter (shortening may be used in place of butter). Stir into dry ingredients until just moist; fold in cranberries and pecans. Let stand in pan for 20 min. Bake in well greased loaf pan for 50-60 min. at 350° . Remove from pan by loosening sides; turn out on rack to cool. (1/4 teaspoon grated orange rind may be added.) This bread is much better the second day, and can be used as a bread or cake.

Mrs. John H. King

GOLDEN BUTTERMILK BISCUITS

2 cups sifted enriched flour
2 teaspoons double acting baking powder
1/2 teaspoon baking soda
1/2 cup Fluffo
1 teaspoon salt
3/4 cup buttermilk

Sift dry ingredients together, cut in Fluffo till mixture looks like coarse corn meal. Add milk, stir with fork until dough holds together. Knead about 10 strokes on lightly floured board, roll out to 1/2 in. and cut out biscuits. Bake on ungreased baking sheet at 425° degrees for 10-12 min. Makes 16-20 biscuit.

Variations -- try them -- just add to the flour.

Onion -- 1/2 cup finely chopped onion

Orange -- 1 tablespoon grated rind; substitute 1/2 cup orange juice for 1/2 cup buttermilk.

Herbs -- 1 teaspoon marjoram or thyme or curry.

Pinwheels -- roll dough into oblong, spread either filling below, roll up like jelly roll, cut in 1 in. slices. Bake.

Sugar Filling: 1/4 cup Fluffo spread and sprinkled with cinnamon and 1/2 cup each brown sugar, raisins, and pecans.
Pizza Filling: 1/2 cup tomato paste, 1/2 cup stuffed olives, 1 teaspoon oregano, 1/4 cup grated parmesan cheese.

Mrs. John H. King

ICE BOX ROLLS

1/2 cup shortening
4 tablespoons sugar
1 cup boiling water - cooled
1 beaten egg
1 teaspoon salt
1 pkg yeast dissolved in 1/2 cup cold water
Flour enough to make soft dough - approx. 5 cups

Mix ingredients as listed, put in ice box to chill. Take out and make up 2 hours before baking time. Cook in 400° oven.

Ditty Belvin

CAROLINA HUSHPUPPIES

2 cups ground corn meal
1 tablespoon flour
1/2 teaspoon salt
1 egg
1 cup buttermilk
3 tablespoons onion (if desired)

1/2 teaspoon soda
1 teaspoon baking powder

Mix dry ingredients. Add onion (if used), and lastly after buttermilk, the beaten egg. Drop by spoonsful into deep fat and fry to golden brown. Serve hot.

Hattie Mae Shackleford

/These are a must with barbecue or fish. H.M.S./

HINT: Rolls and bread dough may be frozen. Freeze after dough has raised once and been punched down. Doughs must be sharp frozen at once.

DESSERTS

SPANISH CREAM

3 egg yolks
1/2 cup sugar
1 pkg Knox gelatin
3 egg whites
1 teaspoon vanilla
4 cups milk

Beat eggs and sugar thoroughly. Sprinkle gelatin in 1/3 cup cold water. Scald milk. Cook in double boiler. When hot, add gelatin and stir well. Add well beaten egg yolks, and sugar. Stir well, and cook until mixture coats spoon. Beat egg whites and fold into mixture. Add 1 teaspoon vanilla. When cool, put in refrigerator to congeal.

Miss E. M. Capehart

APPLE CRISP

4 cups sliced cooking apples (4 to 6 medium)
1 tablespoon lemon juice
1/3 cup sifted flour
1 cup Quaker Oats (quick cook or old-fashioned)
1/2 cup brown sugar
1/2 teaspoon salt
1 teaspoon cinnamon
1/3 cup melted butter or margarine

Place apples in greased shallow baking dish. Sprinkle with lemon juice. Combine dry ingredients. Add melted butter, mixing until crumbly. Sprinkle crumb mixture on top of apples. Bake in moderate (375°) oven for 30 min. or until apples are tender. Serve warm or cold with top milk or cream. 6 Servings.

Mrs. John H. King

EASY DESSERT

1 orange chiffon cake (can be bought)

Filling:

1 cup fresh orange juice
2 egg yolks beaten
1/2 cup sugar
4 tablespoons flour

Cook in double boiler until thick. Cool. Fold in beaten egg whites. Split cake into 3 layers. Put filling between layers. Cover cake with whipped cream, flavored with sherry, almond, rum, powdered sugar. Put in cake box, cover tightly, and let stand 24 to 36 hours in refrigerator.

Mrs. Frank Egerton

FROZEN PUDDING

2/3 cup granulated sugar
1 pint heavy cream
1 teaspoon vanilla
1/4 cup pineapple slices
3/4 cup water
3 egg whites
1/4 cup candied cherries
1/4 cup raisins

Chop finely the pineapple slices, cherries, and raisins. Boil sugar and water until mixture threads when dropped from spoon. Beat egg whites and cream in separate bowls until stiff. Pour syrup slowly over egg whites, beating until cool. Fold in whipped cream, vanilla, and fruits. Turn into freezing tray and freeze without stirring until firm. Makes 8-10 Servings.

Sarah Shackleford

FROZEN PINEAPPLE TORTE

3 egg yolks
Dash of salt
1/2 cup sugar
2 tablespoons lemon juice
3 egg whites
1 9 oz. can crushed pineapple, drained
2 cups vanilla wafer crumbs
1 cup heavy cream, whipped
2 tablespoons sugar

Beat egg yolks, salt, and 1/2 cup sugar. Add pineapple syrup and lemon juice. Cook over hot, not boiling water until mixture coats spoon. Stir constantly. Add pineapple; cool. Make meringue of egg whites and 2 tablespoons sugar. Fold in whipped cream and custard. Coat sides of oiled refrigerator tray with wafer crumbs. Spread half the remaining crumbs over bottom. Pour in custard and cover with remaining crumbs. Freeze firm, about 3-4 hours. Serves 6-8.

Fanchon Lewis

/We have found this a delightful dessert for hot weather, nice dessert for bridge. F. L./

CRANBERRY DESSERT

Mix together:
1 stick butter
1 teaspoon vanilla
1/2 cup flour
1 cup brown sugar
1 cup raw oatmeal
Dash of salt

Lightly grease 8 in. square pan. Spread 1 cup (canned) whole cranberry sauce over bottom. Spread top mixture over this and bake at 350° about 25 min. or until bubbly Top with whipped cream or ice cream. Best when served a little warm.

Fannie White

PLANNED MEALS*

A Little for a Lot
Meals for Four -- cost approximately $1.00

Barbecued Lamb ** Potatoes ** Broccoli

French Bread ** Apple Betty ** Topping

Put 3 lbs. cut-up lamb breast on rack in pan. Roast in hot oven (425°) for 30 min. Pour off fat; remove rack. Mix 2 minced cloves of garlic, 3 tablespoons vinegar, 2 teaspoons salt, 1/2 teaspoon pepper, 1 teaspoon each paprika and prepared mustard, 1 tablespoon Worcestershire sauce, and 1/4 cup water. Pour over meat; reduce heat to 375°; add 4 medium potatoes, cover and bake 1 hr. Uncover and bake 15 min. longer, or until potatoes and meat are brown, basting with drippings in pan.

Bake Apple Betty in oven with meat for the last half hour. Mix 2 cups small bread cubes with 2 tablespoons margarine, 1/4 teaspoon cinnamon, dash salt, and 1/3 cup brown sugar. Arrange layers of crumb mixture and 2 cups chopped tart apples in individual cups.

For Apple Betty Topping, add 1 tablespoon evaporated milk and some grated lemon rind to 2/3 cup confectioners' sugar. Mix until smooth.

Cook 1 pkg frozen chopped broccoli. Season.

Heat bread 10 min. in oven with meat and dessert.

*submitted by Mrs. John H. King

Macaroni-Cheese Squares ** Red Sauce

Jellied Salad ** Savory Bread

Mincemeat Pie

Dissolve 1 box lime gelatin in 1 3/4 cups hot water. Chill until slightly thickened. Shred 1 cup cabbage and 1 1/2 cups carrot; add 2 tablespoons vinegar and 1/2 teaspoon salt. Fold into gelatin. Pour into 1 qt. mold. Chill until firm.

Fill pastry lined 8 in. pie pan with 1 box mincemeat prepared as label directs. Put pastry strips across top. Bake in hot oven (425°) for 25 minutes.

Cook 6 oz. macaroni (broken). Melt 3 tablespoons fat; add 1 minced onion (small); cook 5 minutes. Blend in 1/3 cup flour, 1/2 teaspoon dry mustard, 1 teaspoon salt, and 1/4 teaspoon pepper. Add 2 cups reconstituted nonfat dry milk and 1/2 lb. American cheese cut in bits. Cook, stirring, until sauce is thickened and cheese melts. Add macaroni and mix. Pour into greased 8 in. square pan. Bake in hot oven (425°) for 30 min. Cool slightly, cut in 8 servings, and top with sauce.

Sauce: Simmer 1 can (8 oz.) tomato sauce and 1/4 cup minced celery and leaves 10 min.

Season 1/4 cup fat drippings with garlic salt, poultry seasoning, and chopped parsley. Spread between 8 slices white bread. Cut diagonally; bake in hot oven (425°) for 15 min.

Bacony Beans ** Carrot Slaw ** Rye Bread

Applesauce with Topping

Bring 1 lb. dried marrow beans and 6 cups water to a boil; boil 2 minutes. Remove from heat; let stand for 1 hour. Cook until tender (liquid should nearly cover beans when done). Add 1 chopped onion, 1/4 cup molasses, 1 tablespoon each Worcestershire and salt, 1 teaspoon dry mustard, and 1/8 teaspoon pepper. Put in 2 qt. baking dish. Cut up 1 lb. bacon ends or streaked meat (fat-back); fry 5 minutes. Add cooked bacon and some of the fat to beans. Cover, and bake at 350° for 1 1/2 hours. Uncover and bake for 1/2 hour.

Combine 2 cups shredded cabbage with 1 cup shredded carrot and a little chopped parsley. Toss with a dressing made of 2/3 cup buttermilk, 1 tablespoon prepared horseradish, salt and pepper.

Chill 1 can (1 lb.) applesauce.

For Topping: Soak 1/2 teaspoon plain unflavored gelatin in 2 teaspoons cold water. Add 1/4 cup hot water, and stir until dissolved. Add 2 tablespoons nonfat dry milk; beat until light. Add 2 teaspoons sugar, dash of salt, and 1/8 teaspoon cinnamon; beat. Spoon on applesauce; sprinkle with nutmeg.

HINT: Sprinkle waxed paper with powdered sugar before wrapping a frosted cake. The frosting will then stick to the cake instead of the paper.

Savory Liver ** Potatoes and Peas

Orange Salad ** Toast

Indian Pudding a la Mode

For Dessert: Mix 2 cups water with 6 tablespoons nonfat dry milk; scald in top part of double boiler. Mix 1/4 cup yellow cornmeal with 1/3 cup water; add to scalded mixture, constantly stirring. Cook 20 min. Add 1/4 cup molasses, 3 tablespoons sugar, 1/4 teaspoon salt, and 1/2 teaspoon ginger. Pour into shallow 1 qt. baking dish. Bake in moderate (325°) oven 1 1/2 hours. Stir once during baking. Serve warm with vanilla ice cream (allow 1/2 pt.)

Brown 1/2 lb. sausage meat lightly: Add 2 sliced onions and brown. Push to side of skillet; add 3/4 lb. pork liver, cut in strips 1/2 by 2 in. Fry 5 minutes, stirring. Mix meats, and sprinkle with 2 tablespoons flour; stir, and add 1 cup water. Bring to boil and simmer 2 or 3 min. Add few drops bottled sauce for gravy, if desired. Season.

Cube 2 peeled potatoes and cook until almost tender. Add 1 box frozen peas. Cook 5 min. longer. Season.

Serve slices of orange on escarole with French dressing. Allowing 2 slices per person, spread hot toast with margarine, and cut slices in quarters. Skewer each 2 pieces with toothpicks.

HINT: It saves time when preparing a quantity of bacon to place it in a pan and bake in oven for about 10 minutes. It will be evenly crisped and delicious.

Meated Pinwheels ** Celery Sauce

Turnip Salad

Grapefruit-Cranberry Cup

Chill 1 can(16 oz.) grapefruit sections and 1 cup home-made whole cranberry sauce. Drain grapefruit reserving syrup for other uses. Put some cranberry sauce in 4 sherbet glasses, and arrange grapefruit sections on top. Garnish with remaining cranberry sauce.

Peel and cube 1 small yellow turnip. Cook until tender, cool and chill. Just before serving add a few cooked peas, bits of pimiento, small amount of chopped parsley, and salt and pepper to taste. Moisten with French dressing. Dip edges of lettuce cups in paprika. Arrange on plate and fill with turnip salad.

Sift 2 cups sifted flour, 2 teaspoons baking powder and 3/4 teaspoon salt. Cut in 1/4 cup shortening. Add enough reconstituted nonfat dry milk to make a soft dough. Roll out on a floured board to form a 9 in. square. Chop fine 1/2 can (12 oz.) luncheon meat. Mix with 3 tablespoons salad dressing, 1 small minced onion, and 1/8 teaspoon pepper; spread on dough. Roll up, and cut in 8 slices. Put on baking sheet, and bake in a very hot oven, 450° F. about 20 min.

Serve with Sauce: In saucepan mix 1 can (11 oz.) cream of celery soup and 1/4 cup water. Heat.

HINT: Fresh tomatoes will keep longer if placed with the stems down.

Eggs Merrick ** Wilted Spinach
Toast *** Dressing
Frosted Gingerbread Squares

Prepare packaged gingerbread mix according to directions on package; cool. Spread with frosting made by mixing 3/4 cup powdered sugar, grated rind of 1 orange, about 1 tablespoon water, and a few drops yellow food coloring. (Cut half of the gingerbread for this meal; reserve the rest for another meal.)

Wash 3/4 lb. spinach, and break into pieces.

To make dressing: In small saucepan, combine 3 tablespoons bacon drippings, 2 tablespoons vinegar, 1 teaspoon prepared mustard, 2 teaspoons granulated sugar, 1 teaspoon salt, 1/4 teaspoon black pepper; mix well and heat. Pour dressing over spinach, toss.

Mix 1 can (8 oz.) meatless spaghetti sauce with 1/2 cup water; heat. In large greased skillet half-filled with lightly boiling salted water, carefully drop eggs, one at a time. Cover, remove from heat, and poach to desired doneness. For each serving, put an egg on each of two slices of toast. Pour spaghetti sauce over the eggs, and sprinkle a little chopped parsley and a little grated cheese on each egg. Serve extra toast.

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HINT: Place a pan of water in the bottom of the oven when you re-heat rolls or biscuits. The steam from the water will rise and make the bread taste fresh and soft as the day it was baked.

YOU MAY HAVE OTHER FAVORITES: